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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

MARCH 2023 FREE VOLUME 46 NUMBER 4

Mat-Su College University of Alaska Anchorage

2023 STUDENT SHOWCASE

You earned an A!

Enter your work in the 2023 Student Showcase.

The 2023 Student Showcase will be held on **Saturday, April 15th, 10:00 am in FSM 206**

*Includes work submitted from spring 2022 through spring 2023

Application Deadline: March 10th

Scan the QR code to learn more

Dog Grooming Tips

By Kristina Estilette

As a dog groomer, I've seen many different breeds of dogs, all different hair types. I like to educate my clients and other pet parents about proper maintenance of their furry friends to help keep their coat clean and maintained. Puppies should be introduced to the groomer as soon as they have all of their shots for an intro puppy bath and some needed introduction to clippers. It is best to start them young so they can be desensitized and come out trauma free. You can also help your groomer by desensitizing them at home by touching their feet to show them it's okay.

Dogs with undercoats should be bathed with a shed release or furminating shampoo and conditioner as this helps loosen that undercoat and blow it out better. Sometimes brushing it all out doesn't help as much as a good blow out would. Dogs with this hair type shed the most during spring and before winter. These hair types should

See **GROOMING** *page 15*

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Frustration of Recent School Bus Strike Comes to a Resolution

By Amber Godin
borealnewsak@gmail.com
3/6/2023

Parents throughout the Mat-Su Borough School district have taken to social media in hopes that their concerns and frustrations will be heard. Each parent is looking for a resolution to the issues posed by the recent strike of Mat-Su Durham Employees.

"My daughter, because of the bus situation, has been missing her first period of school, which she needs to graduate this year, to take the littles to school," Sarah Paison said in an interview on Thursday. "We always tell them how important school is, to graduate and move on with life, and it's really important. But when the school doesn't take it seriously like it's important, they really see through it, especially the highschool kids."

Sarah explained that the recent strike has impacted students, their outlook on education, their grades, and their ability to graduate. But not only has it impacted students, but the community as a whole. "I really feel like the MSBSD is consistently taking away our options and it just feels frustrating and we feel helpless because there is nothing that we can do.. I have friends that have had to quit jobs and it's just really hard for everyone and I don't feel like enough is being done."

Samantha Bailey, another parent of MSBSD students expressed similar concerns. "It's really affecting our community as a whole in my opinion. Less feel better going to work, and have jobs that they are able to work to their full potential without that bus system." This is a difficult reality for Samantha herself as well. "I work in the medical field, and I have to find someone to cover my patients so that I can take my children to school. I feel like that's also affecting the community. We've got one medical assistant covering two providers in order to cover for parents that have to leave to take their kids to school." Fortunately for Samantha, she has family that can sometimes help transport her students from school. "There are other parents that I know that don't have the support system that

See **BUSES** *page 15*

UA Students United

By Kaia Richardson

As I had mentioned in the previous issue, I am a senator in Mat-Su College's Student Government. This year I had the privilege to be one of the fourteen people sent down to Juneau as part of the Coalition of Student Leaders for the UA System. I represented Mat-Su College as we advocated for our different campuses to the Alaska Legislature. I had so much fun being with other students, learning about their different campuses and lives, and having fun along the way.

UA Coalition of Student Leaders on the Capitol steps.

Our student government president, Joe Pavia-Jones, and I had the wonderful opportunity to meet students from UAA Anchorage Campus, KBC Homer Campus, UAF Fairbanks Campus, UAS Juneau Campus, and KPC Kenai Campus. All in all, fourteen people attended the annual trip this year. Of these fourteen, three were not students. We had Zac Clark, the UAA Associate Director for Student Life and Leadership, Ronnie Houchin, Associate Director of Student Engagement and ASUAF Advisor at UAF, as well as the president of the UAF staff counsel, and probably the most important member of the trip, Dustin Bawcom, Administrative Specialist and Coalition Administrative Support for the UA System Office. Eleven outstanding students joined together in Juneau this year: Katie Scoggin, Hannah Huber, and Macchelssy Dinganga, three students representing the UAA Anchorage campus; Ty Rapp and Calvin Zuelow were able to drive down from their UAS campus up the road to join us as well; and newlyweds Pierce and Ashlyn Brooks, as well as their fellow student and representative Ashley Carlin flew all the way down from UAF to advocate. Sean Morgan and Tina Hamlin, representing their KPC Kenai campus, J.J. and Elizabeth Rozeboom, brother and sister who came in from KBC Homer Campus, all championed their tiny, but incredible campuses. And of course, Joe Pavia-Jones and myself came from our very own Mat-Su College.

Ty Rapp is a student worker at UAS Juneau and the student regent nominee at UAS as well. He was really fun to be around and an easy-going person. Unfortunately I didn't get to have very many meetings with him in the group, but maybe in the future we can both continue advocating in Coalition trips and we get to work together more. Calvin Zuelow is Chairman of the Coalition of Student Leaders of the UA System and Vice-President in UAS's Juneau Student Government. He's

See **JUNEAU** *page 3*

Upcoming events:

March 24: Fall 2023 schedule viewable on UAOnline.
March 27: fall registration opens for students with 90+ credits.
March 28: fall registration opens for students with 60+ credits.
March 29: fall registration opens for students with 30+ credits.
March 30: fall registration opens for registered students.
March 31: Deadline to withdraw.
April 4: Table Talk Tuesday (discussion of mental health success strategies). FSM 201. 12:30 PM.
April 7: Deadline to apply for spring graduation and inclusion in ceremony.
April 15: Student Showcase (presentations of outstanding student work). FSM 206, 10:00 AM.
April 17: Director's tour of the campus, indoors.
April 25: Director's tour of the campus, outdoors.
April 28: Last day to apply for spring graduation.
May 1-4: Therapy dogs on campus. FSM lobby.
May 12: graduation ceremony.

Club meeting times:

Alaska Native Cultures Club: Contact Darla Budde at dmbudde@alaska.edu
Gaming Club: Thursdays, 11:00 AM - 2:30 PM. FSM 200.
Gay Straight Alliance LGBTQIA+ club: Thursdays, 1-4:00 PM, FSM 106
Human Services Club: Tuesday, 4-5 PM in FSM 112A. Meeting April 4, 18, and May 2.
Mat-Su Monitor: Wednesdays, 2-3 PM, FSM 107
Math Club: Starting March 3, every other Friday at 1-2 PM in FSM 105
Robotics club: contact dnichols4@alaska.edu for hours.
Student Government: Tuesdays, 2:15 PM, FSM 106

Mat-Su Monitor
March 2023

If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

Food
Clothing
Hot Showers
Laundry
Stable Housing
Treatment Referrals
Education Fulfillment
Job Training
Opioid Overdose Kits

Call Us:
Main Office: (907)373-4357
24 Hour Outreach: (907)354-4357
Visit Us:
300 N. Willow St.
Wasilla, AK

MY House
You are always welcome here!

Veterinary Technicians: Vampires or Underrated Phlebotomists?

By Anonymous Assistant

Well, I'm back! Welcome to all of those who are back for another tantalizing edition, to the newcomers, and to the ones who hated my article so much that they just have to read the next. While I will address the role of a technician, simply to justify my title, today's topic is more so about blood draws. Where the blood comes from, how it is retrieved and the process in between.

Now, where does blood come from? Yes, dear reader, it does in fact come from veins. But my question is more about what veins does it come from? It depends on the animal. For the sake of simplicity, let us use a dog for our example. The technician will most often go for a jugular. Now for all of you clasping your hands to your neck in uncomfort -- stop. Don't you know that's the universal sign for choking? And if you are in fact choking at the thought of this, then please do continue. And for those of you who have stopped reading to ask yourself what a jugular is, go ahead and use our dear friend Google and come back once you have reoriented yourself.

Now that the initial shock of this newfound knowledge is past, let's talk a bit more about it. Let's start with the location of the jugular veins. If you have a pooch friend nearby, it might be helpful to give their neck a quick feel to better understand. As you are looking straight on, at a dog's neck, determine the approximate center of their neck in your mind. This is where their trachea is located (the thing that they breathe through that connects to their lungs). Knowing where your furry friend's trachea is, is important to understanding that retrieving blood from a jugular vein does not choke them, and that the needle is less at risk of poking into it. On either side of the trachea is an inlet. These are called the thoracic inlets. If you have a pooch you can go ahead and carefully feel for them. Within each inlet is the jugular vein. This is the vein that the technician (notice that I didn't say doctor? More on veterinarian stereotyping later) will be retrieving blood from. To do this, they will gently but firmly press into the inlet below where they will be poking. This will help that vein pop out a bit. While this is occurring, their trusty assistant will be standing with the pooch positioned between their legs (for medium and large dogs. Smaller dogs are usually held on an exam table.). At the same time the assistant will have their hands positioned beneath the dog's face, holding it upward so that their nose is angled slightly towards the ceiling.

Why would the assistant be holding my dog's face like that? There are multiple reasons for this. The first of which, and main reason is that it helps stretch the vein taut so that it does not wiggle side to side while trying to poke it. The second reason is that your pooch may be interested in what the heck is going on in this strange place and why some stranger is touching their neck and may want to try to look down to see, therefore, covering the area the technician is trying to poke. And the third reason is, your friendly beloved pal may not appreciate the idea of a needle in their neck and may express it through methods that will cause tissue damage to staff, using their teeth.

Now before you think to yourself "My poor baby, I couldn't put them through such stress," you would be surprised. A large amount of dogs do not mind this needle poke and it can all be over within 30 seconds with cooperation. Most dogs find it more traumatic to have blood drawn from their front leg (cephalic vein) as many dogs absolutely hate having their feet touched. And secondly, bloodwork saves and prolongs lives. Many things can be caught with bloodwork. Bloodwork can help lay the groundwork for the next steps in prevention of further problems, and management of existing ones.

Now that everyone is in position and the vein is "held off" (the pressing motion), the technician will use their index finger to feel for the vein, then will poke it with the

See VET TECH *page 15*

MAT-SU MONITOR STAFF

Editors
Elliana Overstreet
Emily Beiler
Elliana Overstreet
Kaia Richardson
Troy Stowell
Brook Wright

Feature Writers
Emily Beiler
Kristina Estilette
Amber Godin
Rachael Goodall
Aiden Hobbs

Photographer
Vacant

Advisors
Audrey Badger
Micah Muer

Disclaimer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Submissions policy

Students are invited to submit articles and letters to the editor to uaa_msc@alaska.edu or at https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed thoughrout the Valley. We also have low rates:

Ad Size	Cost
3" by 3"	$75
5" by 5"	$125
7" by 7"	$175
Full page	$300
Full page, back	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call 745-9758.

Juneau *continued from page 1*

also a reliable source of information and a dependable ally. I respect him so much. Thank you, Calvin, from all of us.

Joe Pavia-Jones is Vice-Chairman of the Coalition and President of Mat-Su College Student Government. He is one of the people I knew really well on the trip, which made him one of the people I would automatically follow. He was amazing, though, and I will always be grateful for the support and kindness throughout the trip. He's an incredible leader and I'm proud to not only have him as our Student Government President, but also have him advocate on behalf of Mat-Su College.

Ashlyn Brooks is President of the ASUAF at the Fairbanks campus. She was joined on this trip by her husband of two weeks, Pierce Brooks, who is Vice-President of ASUAF in Fairbanks. Ashlyn and Pierce were always prepared, which was extremely helpful to those of us who were not as sure as to what we were to be doing. Pierce is a very strong leader and Ashlyn was an excellent spokeswoman. Thank you very much to the two of you. The last ASUAF representative sent was Ashley Carlan, a senator in their Student Government. She was helpful in advocating to the legislators as she is very knowledgeable and was able to guide the conversations.

Katie Scoggin is the President of USUAA in Anchorage and Hannah Huber and Macchelssy Dinganga are both senators. I did not get to have very many meetings with Katie either, but I remember two for sure where we did and she was awesome. I love that she had an entire slideshow for information. I think it was perfect as it showed the Legislators how serious the problems with the statistics and the graphs. It was also perfect for filling in gaps or handing to the few legislators who wanted to see proof. Thank you, Katie. Hannah is also USUAA's relation's officer and Macchelssy is the chair of the Student and Academic Affairs Committee. Hannah and Macchelssy were two of the people that I was able to grow really close with. I was so proud of them, as this was their first time advocating. They did an amazing job and I love that I can call them friends. They were also two who came over nearly every night for late night movie time. It was so much fun. I hope I can see you again next year!

UA student representatives posing in the Speaker's Chambers at the State Capitol. Left to right: Kaia Richardson (Mat-Su College|UAA), Representative Cathy Tilton, Joe Pavia-Jones (Mat-Su College|UAA), Pierce Brooks (UAF), Ashlyn Brooks (UAF).

Sean Morgan is the President of the Student Government at Kenai River campus and together with his fellow representative, Tina Hamlin, Vice-President of the Student Government at Kenai River campus and student commissioner nominee, represent UAA's KPC Kenai River Campus. Not only are they the ultimate power team, they are (apparently) our parents. From herding our motley, hyper crew over to The Hangar, to giving advice, to being a listening ear, these guys had it all. They are amazing. They are (the bomb.com) the real deal. Unfortunately, Sean will be stepping down after this year and Tina will be taking his place (yeah, Tina!). I'm so very thankful to have been able to work with Sean and have had fatherly guidance throughout the entire trip. I honestly don't think I could've made it without your help. Thank you so much!

J.J. Rozeboom, Vice-President of the Student Government in Homer and his sister, Elizabeth Rozeboom, secretary of the Homer Student Government, came to represent UAA's KBC in Homer. I think I grew closest to J.J. and Elizabeth. I think I made friendships that will last for a long, long time. I am truly inspired by you two and words cannot express how glad I am that you call me your friend. I love you guys! Also, sorry for keeping you up till 2 am :)

And I, of course, was a senator in Mat-Su's Student Government.

All of these inspiring, driven allies came together and became one powerful force. Each contributed their own bit until we all created a whole. From Calvin, Sean, and Joe's knowledge, to Pierce and Ashlyn's strong leadership; from Tina, Macchelssy, and Katie's soft companionship and Elizabeth, J.J., and Hannah's easy going friendships, to Dustin's expert scheduling and Zac and Ronnie's availability, we made an incredible team, working together advocating for our schools together as the UA System.

As stated before, Dustin Bawcom was instrumental in the production of the entire trip, as we never would have been able to accomplish much without his amazing navigating. He was the one who set up the flights to and from Juneau, acquiring the hotel rooms, as well as organizing transportation for the few places that would take longer than walking for all fourteen of us. He also was the one who scheduled a preparation conference with the Alaska State House Legislative Aide, Sara Perman (who is awesome by the way), as well as the subsequent meetings with the legislators the following day. The week before the trip, as I was having a few struggles being able

See **CAPITOL** *page 10*

Tie Dye Day, sponsored by your Student Government

By Amber Godin

Tuesday, March 7th, was tie dye day! It was one of several days in this year's spirit week. During tie dye day students were encouraged not only to wear tie dye but also to make some of their own tie-dye shirts and socks as well. Spirit Week and other monthly events alike are put on by your local Student Government Counsel! Would you like to see other fun events like this come to life? Do you have any suggestions to make our campus a better place? Fun activities like these come to life with a simple suggestion. All you have to do is go to the Student Government office, located by the Rolled Gold cafe, and pop a suggestion in the suggestion box and watch fun come to life!

Just a Minute

Where I, Amber Godin,

summarize what your Student Government Council is doing for you! (with occasional unnecessary commentary)

February 7th

- $2500 approved for Student Gov Officer trip to Juneau to meet with legislators
- $500 approved for the upkeep of graduation gowns
- LAST BUT NOT LEAST- AMBER GODIN RECOGNIZED AS SENATOR *chefs kiss* (No need to hold back applause, you may clap now)

February 14th

(too many in attendance attests to the single status of Student Government Participants)

- Tense discussion about new coat racks, tabled (yes, about coat racks)
- $300 Spring budget allocated to GSA

February 21st

- $850 budget for Spirit Week approved
- Coat Racks makes it's De bue part 2, tabled again
- $600 approved for a Foosball table (Look forward to seeing it appear in the atrium!)
- $160 approved for individual charging stations (to be stationed at the tables in the bridge to Snodgrass for all your charging needs)
- $300 approved for Human Services club
- $400 approved for graduation pictures
- $650 approved for a softball team! (Join our local softball team! Sponsored by your beloved counsel)

February 28th

- $450 approved for coat racks approved (glad we got this conundrum resolved, was touch and go for a while)
- $1850 approved for Student Showcase rewards
- $200 approved for Robotics club

Any questions, comments, or concerns? Ask one of your Student Government representatives, or head over to the Student Government Office located by the Rolled Gold Cafe.

Student Government Election

Getting involved with student government is a great way to help develop your leaderships skills while making a positive difference here on campus.

Nominations are open for President, Vice-President and Senator positions.

The application deadline is March 31, 2023 at 5 p.m. and you can fill out your your application packet by clicking here!

MAKE A POSITIVE IMPACT

IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee

Or join one of the student clubs.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Alaska Native Culture Club	Human Services
Gay Straight Alliance	Gamers Club
Math Club	Robotics Club
Nihongo Tadoku Club	Mat-Su Monitor
Veterinary Club	

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Welcome to your Mat -Su College educational journey. There are many rewarding experiences along the path to your ultimate goal, but there will also be challenges along the way. The Journey Program focuses on health and wellness activities to build up the Mat-Su College community and to help you rise to challenges, cope with stress, and stay healthy as you make your way through this exciting, but often hectic, time in your life.

Collect 5 stamps in your passport and bring it to Student Services to enter a drawing held at the end of February, March & April.

Earn a stamp each time you...

- Participate in a Journey event
- Attend a FAFSA or Scholarship Workshop
- Use the math or writing tutoring services
- Join a library information session
- Meet with a career counselor in Student Services
- Meet with your advisor to plan for next semester
- Attend a Student Government meeting

APRIL EVENTS

Table Talk Tuesday
Date: Tuesday, April 4
Time: 12:30 p.m. - 1:30 pm
Location: FSM 201

Description: Join us in a series of table talks with Kirklin Kinney, LPC, MSHS to learn students success strategies while maintaining our mental health. Mr. Kinney will join us the first Tuesday of February, March and April.

Pain & Purpose: Understanding & Overcoming Childhood Trauma
Date: Monday, April 11
Time: 12:30 p.m. - 1:30 pm
Location: Zoom

Description: In honor of April's Child Abuse Prevention Month, Journey invites you to participate in a lively presentation on Adverse Childhood Experiences presented by Matt Clayton of United Way's Thrive Mat-Su Program for youth. Matt's presentation of ACES is sure to be like none other you've experienced before.

Campus Tour with Talis
Date: Monday, April 17
Time: 11:30 am - 12:30 pm
Location: Meet - FSM Lobby

Description: Learn all about the fascinating art history that the college has. Talis keeps you entertained with his funny stories and interesting facts.

Gardening in Alaska
Date: Wednesday, April 19
Time: 11:30 am - 12:30 pm
Location: In-person FSM 105

Zoom: Join Zoom Meeting https://alaska.zoom.us/j/2945399829?pwd=amptajh0QlZMWVY2dHlTM2dsTWxoQT09
Meeting ID: 294 539 9829 Passcode: Arctic2021
Description: Learn about gardening across Alaska. In-person attendees will receive seed packets.

Nature Trail Tour with Talis
Date: Tuesday, April 25
Time: 11:30 am - 12:30 pm
Location: Meet - FSM Lobby

Description: Get some fresh air and learn a little history along the way. Talis has a talent in educating and entertaining at the same time! Bring good footwear and dress for the weather.

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?
- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?
- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:
- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:
- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Journey events focus on the A, B, C's of wellness:

- **Awareness** of good mental health for yourself and others.
- **Balance** between school, work, and self-care.
- **Connection** to campus, community, friends, and family.

And remember, you don't have to go it alone. Mat-Su College students may receive **FREE** counseling with and experienced behavioral health counselor. To make an appointment, call Mat-Su Health Services and identify yourself as a Mat-Su College student. Their number is 907-376-2411.

This passport belongs to: _____

Phone: _____ Email: _____

Collect 5 stamps in your passport and bring it to Student Services to enter a drawing held at the end of each month. Pick up another passport and enter again with 5 more stamps! Need not be present to win.

Earn a stamp each time you...
- Participate in a Journey event
- Attend a FAFSA or Scholarship Workshop
- Use the math or writing tutoring services
- Join a library information session
- Meet with a career counselor in Student Services
- Meet with your advisor to plan for next semester
- Attend a Student Government meeting

Check the Journey website weekly for activity descriptions and updates:

All Journey events are FREE. Just look for the Mat-Su College Arctic Dragon stamp of approval!

Some events require preregistration, so be sure to check the event before attending.

When you attend a Dragon-approved event, make sure you get your passport stamped at the event. Passports will not be stamped retroactively.

Mat-Su College Journey activities and Behavioral Care Services are paid for with student Activity fees.

JOURNEY EVENTS FOCUS ON THE A, B, C'S OF WELLNESS:

Awareness of good mental health for yourself and others.

Balance between school, work, an self-care.

Connection to campus, community, friends, and family.

The Journey Program

Attend events, get stamps, and win prizes!

Collect 5 stamps on your passport, and then take it to Student Services to enter a drawing for MSC Spirit Wear & Journey Wellness Prizes!

Monthly Drawings

February, March, April

Step Up to the Plate!
Join the Mat-Su College softball team.
This coed call to action is open to students, faculty and staff, but keep in mind you will have to cover your own player registration fee ($100).
For more information, contact
Jim at jrjerome@alaska.edu.

Human Services Club

The Human Services Club kicked off its inaugural semester with a Valentine's Day Service Project. On February 9, 2023 the club hosted tables stocked with various materials to make Valentine's Day cards at Mat-Su College. There were over 80 cards made by students, faculty and staff that were delivered to the residents of Alaska Veterans and Pioneer Home. Club President Jennifer Golden reflected, "this was a great event and I was excited to see how many people on campus participated. These people are an important part of our community and we were thrilled to celebrate them." The Human Services Club's mission is to develop and display in its members the fundamental values of the human services profession which include respecting the dignity and welfare of all people; promoting self-determination; honoring cultural diversity; advocating for social justice; and acting with integrity, honesty, genuineness, and objectivity. The Human Services Club goal is to make a positive impact on our communities through building strong relationships and through service projects, with an additional emphasis on social advocacy at the local, state, and global level. More information on future service projects and how to get involved with the Human Services Club can be found at https://matsu.alaska.edu/offices/student-government/student-clubs-and-activities/

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Many jobs require training but not a degree.
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Apply today at healthymatsu.org

Mat-Su College
University of Alaska Anchorage

MSC ROBOTICS CLUB PRESENTS
MAT-SU COLLEGE
SUMO ROBOTICS COMPETITION

Event
- A one-on-one autonomous sumo robot match
- Winning teams' members will receive a three-credit tuition waiver at MSC

Players
- Open to all high school/college students
- Individuals and teams of players are allowed

Details
Glenn Massay Theater at MSC
8295 E College Dr.
Palmer, Ak. 99654

Saturday, May 20, 2023
Beginning at 10 am

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Scan below for competition rules and how to enter!

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for details or any questions
dnichols4@alaska.edu

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Handshake Mat-Su College University of Alaska Anchorage

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When you need a hand...

By Art Corvelay

You should know that there are people on campus whose job is your safety.

The college's own Physical Plant (i.e., maintenance) staff can help you in many cases. They are able to open locked car doors or jumpstart dead batteries. You can get a hold of Physical Plant by calling them directly at 907-745-9789.

And remember -- you have a part to play, too! Keep in mind the phrase ïf you see something, say something."Report to Physical Plant any safety hazards, even if they're as seemingly harmless as icy spots.

Past and upcoming ADVET events

Arctic Dragon Veterinary Exploration Team Club (ADVET) is a club devoted to exploring animal-related careers and topics. The club notes that "although an interest in veterinary medicine is encouraged, anyone with a love of animals is invited to join." Check out what they've been up to and will get up to!

Past events:

March 1: Dr. Dawn Webber, veterinary cardiologist, spoke to the students about heart disease in pets and echocardiography.

March 8: representatives of the UAF veterinary school (1st and 2nd years at UAF with 3rd and 4th years at Colorado State University) held a Q&A for students via Zoom.

Upcoming events:

April 21: Tour of the Alaska Zoo with Zoo veterinarian Dr. Chris Michetti (limited space on this one and sign up required).

Planned but dates not set yet:

Hands on bandaging, splinting and casting lab

Fundraiser for Alaska Pot-Bellied Pig Rescue

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/

WRITING TUTORS
Azlynn Brandenburg

Monday	10:00 - 5:00
Tues. & Thurs.	2:00 - 7:00
Wed. & Fri.	11:00- 5:00

MATH TUTORS
Paul LaFrance

Mon. & Wed.	10:00 - 4:00
Tues. & Thurs.	1:30 - 7:30
Fridays	10:00 - 3:00

Tutors available in JKB 107 to December 16. Tutoring is reserved for students enrolled in Mat-Su College courses.

Online tutoring options

- **tutor.com/Live Home Work Help**: the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help with many subjects. Visit http://lam.alaska.gov/sled/homework
- **Khan Academy**: Khan Academy has free explanatory videos on math, science, economics, history, and more. https://www.khanacademy.org/
- **Purdue OWL:** Purdue's Online Writing lab has sample papers and guides to APA and MLA styles. https://owl.purdue.edu/owl/

Green Smoothies: Superfood or Miracle Food?

By Percy Ocelot

A while ago, I was a safari of a man. My skin was that of a rhinoceros's. My weight was that of an elephant's. My complexion was that of a zebra's. My smell was that of a hippopotamus's. Things were very bad. My online doctor diagnosed me with the following ailments:

- Skin loss
- Wilting nails
- Rickets
- Scurvy
- Constant overthinking
- Bladder mold
- Scabies
- Problematic letter writing
- Intestinal scabbing
- Hyper Diabetes
- Brain bleed
- Tunneling lesions
- Corneal bunions
- Weeping canker sores
- Unusual acne discharge
- Imaginative dreaming
- Organ petulance
- Manic Mondays
- Cybergaming
- Aggravated renal colic
- Terminal lumbago
- Old Maid's Insanity
- Etc.

I cured several of these ailments by adopting the practice of eating -- rather, drinking -- leafy green vegetables. This easy, tolerable habit has increased my intake of vitamins and minerals by a hundredfold. I encourage you to follow in my increasingly light footsteps.

This is the green smoothie recipe I use. It is easy to make since it only calls for three ingredients.

RECIPE

Ingredients

- 170 grams mixed berries (or less, to taste)
- 170 grams spinach, kale, or whatever combination of mixed greens is available to you.
- Water

Directions

1. Add ingredients to blender.
2. Blend.
3. Drink. Admittedly, this is the hardest part.

See **SMOOTHIES** *page 12*

08 SUMMER SCHEDULE

ANTHROPOLOGY
*Intro to Anthropology
*Alaska Native Cultures

BUSINESS ADMINISTRATION
Business Law I
Fundamentals of Supervision

BIOLOGY
*Human Biology

CHEMISTRY
*General Chemistry I & Lab
*General Chemistry II & Lab
*Intro to Organic/Biochemistry
Chem Skills & Problem Solving

ENGLISH
Introduction to Creative Writing

GEOGRAPHY
*Intro to Global Geography

GEOLOGY
*Physical Geology

HISTORY
*Western Civilization I
*Western Civilization II

HUMAN SERVICES
Trauma Informed Wk w/ Children
Practice into the Wild - Intro
Teach Social Skills Youth

MATHEMATICS & STATISTICS
*Algebra for Mngrl & Soc Sciences
*Elementary Statistics
Intermediate Algebra
Prealgebra

MEDICAL ASSISTING
Essentials of Human Disease
Your Health & Social Services Career

PHILOSOPHY
*Introduction to Philosophy

PSYCHOLOGY
*Lifespan Development

QUANTITATIVE SKILLS
*College Algebra for Calculus
*Trigonometry
Elementary Algebra
*Art of Mathematics

VETERINARY ASSISTING
Veterinary Assistant Practicum
Veterinary Office Procedures

WRITING
*Writing & the Professions
*Writing & the Sciences
*Writing Across Contexts
Intro to College Writing

This list is subject to change. Visit matsu.alaska.edu and click "Course schedules" for the most current schedule.

**Indicates class meets GER requirements*

Semester runs May 15 - July 29

FINANCIAL AID UPDATE

- UA Scholars deadline to apply for admissions is May 1st of your senior year in high school to the UA campus of your choice. Apply for admissions at tinyurl.com/2p946nys.
- The Alaska Performance Scholarship (APS) and Alaska Education Grant (AEG) FAFSA deadline is June 30, 2023. Complete the FAFSA at tinyurl.com/2j69h9ry.
- FAFSA 2023/2024 opens October 1st. Complete the application as early as possible to ensure you receive maximum awards available to you! Complete the FAFSA at tinyurl.com/2j69h9ry.
- On October 1st, 2023, the University Foundation Scholarship Application opens. Deadline for the scholarship application February 15th, 2024. Apply at tinyurl.com/2p8edhd9.

FINANCIAL AID WORKSHOPS

Have questions about financial aid? Join us for a complete walk-through of the entire financial aid process! The workshop will cover many topics, including but not limited to:

- The FAFSA application,
- Scholarships,
- Student loans,
- FAFSA Myths and
- Troubleshooting financial aid problems.

The workshop will include a PowerPoint presentation with Financial Aid Advisor Darla Budde. Students will be able to ask questions after the presentation. Please visit tinyurl.com/ybmw2ckr for more information.

Mat-Su College/UAA students and Alumni can access thousands of internships and jobs, discover career and networking events and more, all through Handshake.
alaska.joinhandshake.com
For more information contact Mat-Su College Student Services 907-745-9746
Mat-Su College
University of Alaska Anchorage
Handshake
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

MSMCS

MAT-SU MIDDLE COLLEGE
NOW ACCEPTING APPLICATIONS

GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!

Priority application period: January 4TH - March 5TH

Family Information Night Webinar posted at https://www.matsuk12.us/domain/6968
Go to matsuk12.us/msm for more information!

MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

or 907.761.3495
907.761.3498

MSM@matsuk12.us

www.matsuk12.us/msm

Separation, a Sonnet

By Mara A. Rose

"Just set it aside, remove and restrain."
The heart within my brain; removed again
Who could do such a thing, to cause such strife?
It beats not in my chest, yet brings me life!

"Simply set aside, the "bias," your heart."
Minutes are hours when we are apart.
Demanded again, blood drains from my face.
My body grows cold, my soul you displace.

My only wishes and dreams; to be here not.
Life is so fragile, mine based on a "thought,"
That puts song in my heart, breath in my lungs!
Gives me somewhere from which reason has sprung

Before you ask, I beg, please look around.
These faces you "see," are more than a crowd...

I'm Sorry

By Mara A. Rose

I'm sorry I see you no more
I'm sorry I send flowers instead
I'm sorry you fill me with dread
I'm sorry I can't stand the floor

I'm sorry I opened that door
I'm sorry about the last name
I'm sorry it's you that I blame
I'm sorry I don't miss you anymore

I'm sorry that memory fits in a different drawer
I'm sorry there's room for two
I'm sorry, not room only for you
I'm sorry I don't love you more

Thank you for loving him
Thank you for choosing that whim

I'm sorry

Takotsubo

By Mara A. Rose

Takotsubo;
Attacked by pain,
Kidnaps my heart, and my brain, loved
One missed, emotions twist.
Tightness in chest,
Shaped by pain,
Unseen inside,
Broken heart balloons,
Objectified by shape.

◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇

Writing

By Mara A. Rose

I loathe it,
I love it,
It burdens my brain
And drains my soul
It burns on my heart,
Yet makes me whole

Ink with a point,
Paper and pen,
Unburdens my mind
And starts to mend

I'm Ok

By Anonymous

(02/20/2023)

I make daily lists and I always check 'em twice
At the top of every list are the words "Don't Die"
Some days I laugh and I put in a strike.
Some days I laugh and cross it off with a lie.
I'll be the first person to say "I'm okay"
Smile and laugh and state that "I'm great!"
I'll be broke on the inside, but still alright.
I don't want any help; I know I'll be fine.

I'm ok.
I don't want pity,
I'm ok.
I don't need help,
I'm ok.

Sympathy is sickening,
I'm ok.
Lock ruth back in its cell,

I'm ok.
I just need time numbing,
I'm ok.
I don't need to cry or yell,
'Cause I'm ok.

I'm ok.

I'll be ok.

Three of them are comically, merrily insane.

One of them "Literally, just literally can't"
Four of them blithely ignore her phrase

One of them, palms together like she's going to pray,
"Miss girl, no" she says; I do it anyway
One of them, front and center, with a book every day,
Greets me with a look and a smile and a wave
One of them at a desk will stay,
Patience of a saint, checking Jake all day.

These are the ones who make me feel ok.

-Jesha

VALENTINE'S DAY PROSE

By Brooke Wright

- The philosophers from the school of solipsism think that everything in this world is all a dream. Well. if you're all in my head, you're the best I've come up with in a while.
- Good friends are hard to come by. I'm glad I came by all of you, my loves.
- I hope this vacation of the heart becomes a favorite stay, for I hope to become more than friends.
- My polyamorous heart seeks to have as many lovers as I do heart beats. For it is love that drives my heart to beat. And tonight my heart beats for you.

Capitol *continued from page 3*

to participate in mandatory meetings which would inform everyone of what would be expected of them and what they should prepare for, Dustin was willing to reach out personally and have one-on-one meetings since a few meetings were held during a class of mine. He also was the one to take care of our flight plans when our original flights got canceled. He was incredible, guys, and I am so happy to have had the opportunity to meet him. Thank you, thank you, thank you, Dustin!

Our schedule for our time in Juneau was pretty tight. Unfortunately, we did not get a lot of time to just be tourists in our capitol (we were able to find a few really good food places, though). Nearly all the representatives were able to fly in on Saturday (Feb 25th) morning except for J.J. and Elizabeth, who came in at 6:00 that night, and Katie, who came in around 9:00 Sunday morning. Saturday afternoon and night kicked off with a two and a half hour preparation and introduction meeting. After ending the meeting a little earlier than scheduled, five of the Coalition members who were there, Calvin, Joe, Sean, Hannah, and Ashlyn agreed to have an impromptu Coalition meeting, joined on Zoom by Bev Tran from UAF's Northwestern campus. Afterwards, the students from UAS, Ty and Calvin, invited the entire group to drive over to the UAS Campus for a pizza party. Although it was after most people had gone home and the campus had mainly closed down, from what we saw, the campus is beautiful. They have a beautiful long driveway with decorative lanterns lighting the way. The UAS has a very large, very beautiful library that I did not get the opportunity to check out, but was able to stare longingly at through the windows of the cafeteria where we had the pizza. While we were on campus we had the pleasure of meeting Jamison Lednum, Secretary of Student Government at UAS Juneau (SGUAS-JC).

Sunday morning (Feb 26th) consisted of a catered breakfast, courtesy of the Baranof Hotel where we were staying. We then had a day of preparation and awesome presentations by Sara Perman, Sean Morgan, and Calvin Zuelow, followed by another Coalition meeting. That night we ate at The Hangar on the Wharf. Instead of each returning to our separate rooms, Ashlyn, Tina, and Hannah came over to my room to talk about what we would wear the next day and get to know each other better. The room that I was staying in later just became the room where everybody watched movies and ate snacks for the rest of the trip. Also (this is important to note), on Sunday night we went to the largest Fred Meyer I have ever seen. It might even be bigger than Costco in Anchorage.

Monday (27th) and Tuesday (28th) began with meetings at 8:30 am. The eleven students were put into groups of at least three, but no more than five, that Dustin had organized. Much to the relief of the first time students(myself included), we were never placed into groups without at least one experienced representative. Starting at 8:30 am and going on to 4:00 and 4:45 pm, we met with forty-four legislators in forty-five meetings in two days. As I had said, we were an awesome team. Of the forty-four legislators, fifteen of them were Senators, while twenty-nine were Representatives of The House or staff members for those who could not meet with us.

On Tuesday night at 5:45 p.m., we were all invited over to Representative Galvin's house for dinner with her and Representatives Gray and Mina. The night progressed with good food, trivia about the legislature, ice cream buffet as dessert, and, finally, ended with impromptu dance lessons and flashmob, while waiting to be driven back to the hotel.

Late on Tuesday night, after we had all gotten ready for bed, Joe, Hannah, Ashley, J.J. Elizabeth, Macchelssy, and I all watched movies and ate snacks crammed onto a king sized bed. We booted up my 10x12 inch screen laptop, placed it carefully on a hard surface so we could all see it, turned up the volume all the way, and watched one or two movies before people began to peel away to their own rooms and comfortable beds.

Wednesday (March 1st) morning arrived. We had catered breakfast at 8:00 am, followed by a debrief meeting. Check out time was scheduled at 10:00 am and our flights at 2:30. However, heavy snowfall had caused flights to be canceled. Again, Dustin and Zac are amazing. They were the ones who dealt with this issue. (Thank you both!) None of us students were very unhappy at the turn of events as it allowed us to explore shops and different restaurants. We found an arcade and pizza shop, named Bullwinkle's Pizza Parlor, where we ate dinner that night and played arcades upstairs, coming down only to quickly eat or grab more money to change into quarters. That night there were more movies late into the night (or early into the morning) on an overflowing bed.

We all got up the next morning, Thursday March 2nd, bid our respective farewells, waited forever in the concessions line at the Juneau airport, got on the plane, and flew to Anchorage, some for a layover and connecting flight. We all landed in Anchorage at about 2:30-2:45, thoroughly tired, but still having fun. After saying goodbye to J.J., Elizabeth, Tina, and Sean. Joe, Hannah, and I separated with Katie, Zac, and Macchelssy at this point. Joe offered to give Hannah and I a ride back home, Hannah to the campus in Anchorage and me to Eagle River, which ended in a few good laughs. We proceeded to try to find the entrance to Macdonald's by circling the block several times, got lost on the Anchorage campus, and sped in front of a police officer all within an hour, before finally, finally we all got home.

UA representatives having dinner at Representative Galvin's residences in Juneau.

All in all, I am eternally grateful for the opportunity that was given to me to meet so many amazing people and make some awesome friends, as well as advocate for my school. I can't wait to see what happens next.

A parting statement from all of us:

"*I had an amazing experience speaking with legislators and those from other UA campuses. I hope what we advocated for will be remembered and benefit our university in more ways than one.*" Joe Pavia-Jones, UAA Mat-Su Student Government President, Coalition of Student Leaders of the UA System Vice-Chairman

"I was proud to see a diverse group of students come together from campuses across the state to represent a united University of Alaska. They represented the combined student body of UA, advocating for issues of importance to all campuses." Dustin Bawcom, Administrative Specialist, Coalition Administrative Support for the UA System Office

"This is my second Juneau advocacy trip with the Student Coalition and I think this year was a tremendous success." Zac Clark, UAA Associate Director of Student Life and Leadership

"I'm really proud of all the Coalition members and campus delegates this year. We were able to advocate to legislators on really important issues for UA students, like increasing Alaska Performance Scholarship award amounts and decreasing the University's deferred maintenance backlog. Everyone did really well and learned a lot." Calvin Zuelow, Coalition of Student Leaders of the UA System Chairman, SGUAS-JC Vice-President

"This year's trip was pretty amazing. We got to advocate for our school and get our students' voices heard while getting to learn and connect with legislators." Ty Rapp, SGUAS-JC Representative, UAS Student Regent Nominee

"I did this trip last year and this year's trip is a lot more relaxed and a lot more organized, in my opinion. In terms of scheduling, both trips were very good (the hotel this time was much better, though). I am much appreciative of this opportunity to come and advocate for University of Alaska students and I think it's important for students in the future to continue to advocate for all students, because one of the things to remember is that, even though your campus and that is your university, what the state does for budgeting and policies for students doesn't just affect you, it affects all students. Coming and advocating for all students is something we should all be focused on trying to do, whether that's in person, because you are a member of the student government, or supporting your student government to go advocate on your behalf and everybody else's behalf." Sean Morgan, UAA KPC Kenai River Campus Student Union President, Coalition of Student Leaders of the UA System member

"I've enjoyed my trip so far, meeting everybody within the Coalition and all the different legislators. I hope we made an impact while we were down here." Tina Hamlin, UAA KPC Kenai River Campus Student Union Vice-President, UAA KPC Student Commissioner nominee

"I am so grateful for this opportunity to meet the legislators and raise the issues and concerns that they might not see or think about. I think it's really powerful coming from students rather than administrators or the system office. I'm grateful for this opportunity and I'm excited for what the Coalition has in store for future students." Katie Scoggin, USUAA President

"And we're tired!" Tina Hamlin

"Being on this trip was a super cool experience- being able to meet other student leaders. The legislators were really cool. I had a lot of fun, but I'm very tired." Hannah Huber, USUAA Senator, USUAA Student Government Relation's Officer

"The time I spent with the few members of the Student Government at the Mat-Su Campus was a cherishable one." Macchelssy Dinganga, USUAA Senator, Student and Academics Affairs Committee Chairwoman

"I'm here with my brother (dear older brother). We are both here representing our tiny campus and we are just so honored to be here. To have gotten the opportunity to meet all these legislators and see what the government system is all about and have had the chance to meet some really cool people; And get the chance to walk around Juneau, which has been a real delight, make friends from the other campuses, and make some real, unforgettable memories. I'm very grateful." Elizabeth Rozeboom, UAA KBC Student Government Secretary "I think the biggest highlights was seeing the human in the different legislators, seeing how such powerful people are actually just humans. Another human part of this whole place was, like Elizabeth said, meeting other people and making friends. It was definitely one of the biggest highlights." J.J. Rozeboom, UAA KBC Student Government Vice-President

"I had an amazing time advocating with the Coalition of Student Leaders. This year we focused on deferred maintenance on each campus as well as support for the Textbook Transparency Act and the Alaska Performance Scholarship. I hope our time there and our personal stories helped legislators with their decisions." Ashley Carlan, ASUAF Senator

"I think the Coalition went pretty well. It actually went better than it did last year. It went very positively. I feel like we met with fewer Representatives and Senators than last year, however, I felt like the impression that we left was a lot better and the cohesiveness of the group was a lot greater. After COVID happened we had multiple years where the Coalition didn't come to Juneau for representation, so last year was the first time in quite some time. It was kind of nice coming this year, this second year, after a lot of people, like Sean and myself have come for a second time. Also, Dustin has a little bit more recent experience running this thing a little bit. He did a great job." Pierce Brooks, ASUAF Vice-President

Monitor

MEETING TIMES
Wednesdays
2:00 - 3:00
FSM 105

Looking For
- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
April 7

Mat-Su College
University of Alaska Anchorage
読書は素晴らしい！
Reading is Fantastic!
想像力 思考力 言語力
日本語
多読クラブ
日本の本 MSC
Nihongo Tadoku Club
《Japanese Extensive Reading Club》
Four Golden Rules:
1. Start from scratch.
2. Don't use your dictionary.
3. Skip over difficult words, phrases, and passages.
4. When the going gets tough, quit the book and pick up another.
Meeting: 4:00 PM – 5:00 PM Friday in FSM 105 / ZOOM
Contact: Shunji Ninoyu at sninoyu@alaska.edu
for more information
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination Exp. May 2023

HUMAN SERVICES CLUB

EVERY OTHER TUESDAY
- 4PM IN FSM 112A

Spring 2023 Meetings:
- January: 31
- February: 14, 28
- March: 7, 21
- April: 4, 18
- May: 2

Outreach
Service
Advocacy
Empowerment

Any UA Student, Staff, or Faculty are welcome

JOIN NOW

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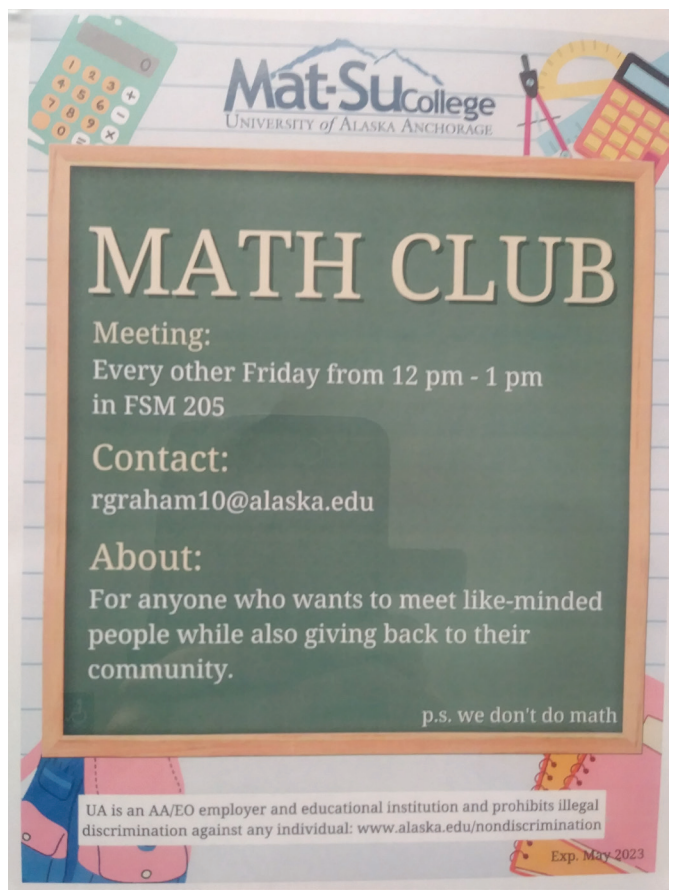
Mat-Su College
University of Alaska Anchorage
MATH CLUB
Meeting:
Every other Friday from 12 pm - 1 pm
in FSM 205
Contact:
rgraham10@alaska.edu
About:
For anyone who wants to meet like-minded people while also giving back to their community.
p.s. we don't do math
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Exp. May 2023

GET INVOLVED WITH YOUR
STUDENT GOVERNMENT
MEETINGS EVERY TUESDAY
2:15 - 3:00
FSM 105

MSC SGC

Mat-Su College
University of Alaska Anchorage
MSC Gay Straight Alliance
LGBTQIA+ Student Club

YOU ARE WELCOME HERE

Spring 2023 Updated

Every Thursday:

March 23: Board Games in FSM 106 1:00 PM – 4:00 PM

March 30: Free Movie & light refreshments at the Glenn Massay 2:30 PM -4:45 PM. Open to all of the community. No student ID needed.

April 6: Arts & crafts in FSM 106 1:00 PM – 4:00 PM

April 13: Video & Snacks in FSM 106 1:00 PM – 4:00 PM

April 20: Campus Wide Clean Up assignments by flagpole from 1:15 PM – 4:00 PM

April 27: Games & Food in FSM 106 1:00 PM – 5:00 PM

Advisor: K. Joey Pavia-Jones
kpavia@alaska.edu
Mat-Su College Student Club: Gay Straight Alliance

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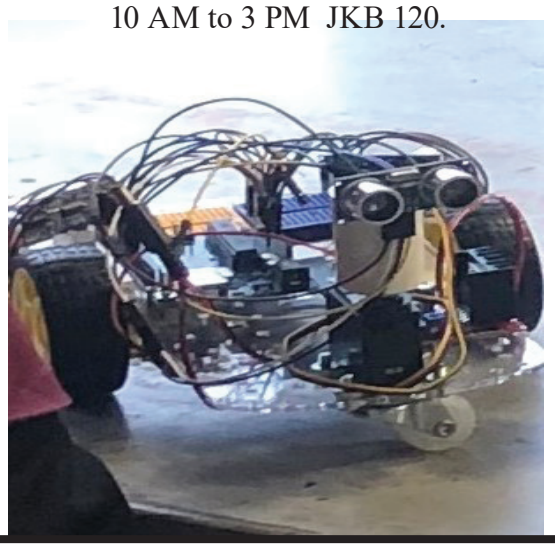
Expires at end of Spring 2023

Robotics Club

Tuesdays & Thursdays

10 AM to 3 PM JKB 120.



ALASKA NATIVE CULTURES CLUB 22/23!
WE ARE GETTING THIS CLUB BACK UP AND RUNNING!! WE ARE STARTING WEEKLY MEETINGS AGAIN SOON. WE INVITE YOU TO GET INVOLVED & BECOME A MEMBER!!
MISSION STATEMENT
TO PROVIDE ALASKA NATIVE STUDENTS A GROUP-BASED AVENUE FOR CAMARADERIE, FACILITATE LEADERSHIP AND A PLATFORM OF COMMON INTERESTS.
WE WELCOME ANYONE INTERESTED IN LEARNING MORE ABOUT ALASKA NATIVE CULTURES TO JOIN.
FOR MORE INFORMATION VISIT THE MSC ALASKA NATIVE CULTURES CLUB WEBPAGE!!!
Mat-Su College
University of Alaska Anchorage
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ADVET Club

The Artic Dragon Veterinary Exploration Team is a club focused on exploring the many areas of the veterinary field, working to familiarize its members with what they could expect or what careers exist within. Not only is the club open to members of the Veterinary Assistant Certification program, but also to people outside of that program, whether it be other students or people in the community who are curious about the club's activities. We hold bi-weekly meetings with dates to be announced every month to shift around with the majority of schedules. We hope to see you at one of our meetings! If you have any questions, you can contact Dr. Montalbano at 907-745-9771 or email her at jemontalbano@alaska.edu.

ADVET EVENTS BEING PLANNED FOR SPRING 2023!

- Dr. Dawn Webber- veterinary cardiologist- presenting ultrasound of the heart.
- Dr. Gary Pietsch and Jacy Pietsch from UAFs "2+2" cooperative veterinary school program with Colorado State University
- Dr. Chris Michetti- veterinarian for the Alaska Zoo- behind the scenes tour of the Alaska Zoo.
- Dr. Judy Montalbano- Elk leg dissection and processing of the leg into an articulated skeleton
- Working with the Mat Su Borough Animal Care and Control to have students assist with surgery prep and recovery.
- Bandaging/casting hands-on lab for students.
- And many other possible guest speakers in the works in addition to the above!

Mat-Su College
University of Alaska Anchorage

2023 STUDENT SHOWCASE

You earned an A!

Enter your work in the
2023 Student Showcase.

The 2023 Student Showcase will be held on
Saturday, April 15th, 10:00 am in FSM 206

*Includes work submitted from spring 2022 through spring 2023

Application Deadline: March 10th

Scan the QR code to learn more

Mat-Su College
University of Alaska Anchorage

MSC Gay Straight Alliance
LGBTQIA+ Student Club
Presents March Movie

Community Wide Event
Glenn Massay Theater
March 30, 2023 2:30-5:00 PM
Free Event

PG-13
Watch Trailer:

Advisor: K. Joey Pavia-Jones kpavia@alaska.edu
Mat-Su College Student Club: Gay Straight Alliance

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Expires on March 30,2023

STORIES FROM Monitor's April fools edition 1996:

LIBRARY NOTICE

New checkout policy: Everyone with a last name starting with the letters A-G can only check out books on Mondays, Wednesdays, and Fridays. For last names that start with L-Y can check out books on Tuesdays and Thursdays, with the exception of Q since nobody's name starts with Q anyway. If your name starts with H,I,J, or Z you are S.O.L.

New Classes for Summer and Fall

CM 101 - Cow Milking: Bring your own cow and learn the latest techniques from Glenn Massay.

SS 101 - Sheep Shearing: shear your own wool! First time offered at MSC. Taught by Richard Benson.

BD 101 - Belly Dancing: learn the art of exotic belly dancing by Barb Carney.

BD 201 - Advanced Belly Dancing: Barb shakes it up for the advanced class.

WM 101 - Watermelon Spitting: learn the craft of longrange watermelon spitting by professional, Bill Butler. Contest will be held for Final Exam.

AC 054 - How to Avoid Classes: learn the art of excuses and class cutting from graduates of MSC.

PS 206 - Political Gibberish: learn how to say something without saying anything. Great for future politicians and English majors.

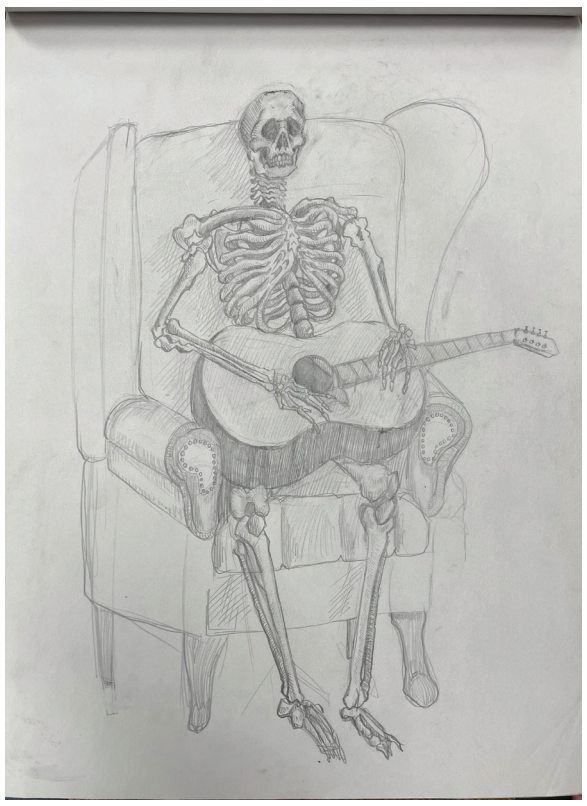
PS 306 - Political Gibberish II: for the advanced, how to say nothing at all, and get results.

Smoothies *continued from page 7*

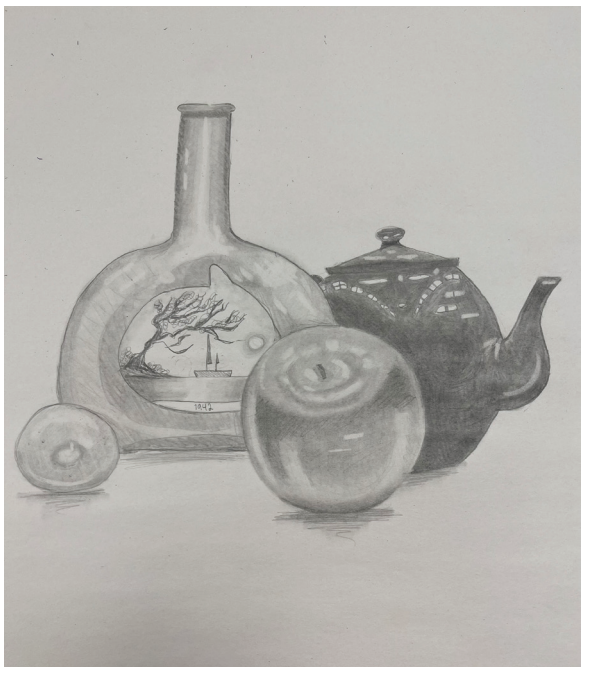
Compared to commercial "green smoothies"

This simple, homemade green smoothie has two advantages over the jugs of green liquid you can buy in the grocery store produce aisle: it is cheaper and it is healthier. Store bought "green smoothies" are full of sugar and low on nutrients, as this table points out:

	170 grams of baby spinach and 170 grams of mixed berries	Naked Juice Green Machine	Bolthouse farms
Calories per serving	112	270	150
Carbohy-drates	24g	63g	35g
Total sugars	12g	53g	30g
Vitamin A	4870mcg (530% DV)	230mcg (25% DV)	Not listed
Vitamin C	35mg (38 DV%)	42mg (50% DV)	19mg (20% DV)
Iron	3.6mg (21.5% DV)	1.4mg (8% DV)	1mg (6% DV)
Magnesium	Not listed	40mg (10% DV)	Not listed
Potassium	At least 570mg (13% DV)	760mg (15% DV)	445mg (10% DV)



Beginning Drawing, Mattias Urbanski, Skeleton Study, graphite, 18 x 24 inches



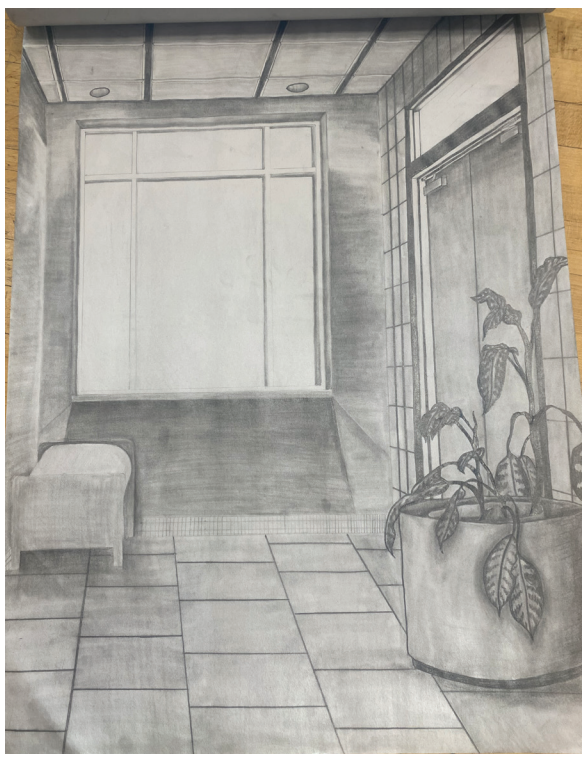
Beginning Drawing, Olivia Young, Still Life, graphite , 18 x 24 inches

Beginning Painting, Dustin Campisi, Master Copy after Caspar David Friedrich, Acrylic on Canvas

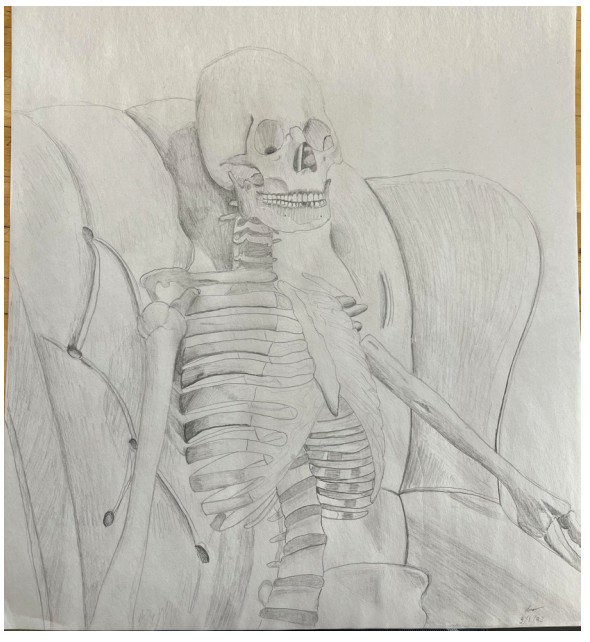
Beginning Painting, Isabella Morgan, Master Copy, Oil on canvas board

Intermediate Painting, Amber Nelsen, Greed, Oil on canvas

Beginning Drawing, Makailyn Cabales, Self-Portrait, graphite, 18 x 24



Beginning Drawing, Kadence Zimmerman, Interior Perspective, graphite, 18 x 24 inches



Beginning Drawing, Kira Dunford, Skeleton Study, Graphite, 18 x 24 inches

Beginning Painting, Lilli Cruz, Master Copy after Georgia O'Keefe, Acrylic on canvas

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: Do you like sleepy time tea?

A. Dear Friend: I will have to give it a tr…Zzzzz.

Q. Dear Sophia: Can students of other schools join me on campus to study? Or is campus for UAA students only?

A. Dear Friend: Mat-Su Campus is open to everyone, with only a few exceptions – you know who you are.

Q. Dear Sophia: Why am I always tired and hungry?

A. Dear Friend: Are you a dragon? Or just a-draggin'? You know the routine… exercise, eat right and don't forget to give your brain a workout as well.

Q. Dear Sophia: I want a life motto. Where do people pick these things up?

A. Dear Friend: A motto is all about you. A good motto can change your life. Use powerful words that have meaning for you personally. Mottos can help you to stay strong, reach your goals, stay focused on what you value, and achieve personal growth. And remember, you can have more than one, you know, like you may have one or more for just facing the day, one for going to work or class, one for being with family and friends and one just for being you. Write them down, use them often and embrace the new you.

Here's a great motto: "One life is all we have and we live it a we believe in living it." - Joan of Arc

TOUNGE TWISTERS

I wish to wash my Irish wristwatch

She sells sea shells

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

How many moose could a minnie mouse move if a minnie mouse could move moose.

Wayne went to wales to watch walruses

Red Buick, blue Buick (x3)

Eleven benevolent elephants (x3)

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.

I slit the sheet, the sheet I slit, and on the slitted sheet I sit

If I borrow $50 from my mom and $50 from my dad, that's $100. I buy a shirt that's $97. I have $3 change, I give $1 to my mom, $1 to my dad, and keep $1. I owe my mom $49 and my dad $49, together that's $98. Plus the $1 I kept is $99. Where's the other dollar?!

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

					1			
	4			2			5	
	5			4				
		5	7			6		
6				3			8	
					2			
			5			4		
		8			9			3
4							7	

Broken pencils are pointless

What does a clock do when its hungry? It goes back for seconds.

Energizer bunny arrested. Charged with battery.

Why are so many people tired on April 1st? Because they just finished a 31 day March.

I'm reading a book about anti-gravity. I can't put it down.

I know a guy who's addicted to brake fluid. He says he can stop anytime.

Can February March? No, but April May.

WE'RE GOING WHERE?

E	G	A	S	S	A	P	T	J	A	U	N	T	H	D
N	E	N	A	W	A	V	E	I	O	N	T	O	T	F
0	T	0	B	0	R	E	P	O	S	E	L	R	O	L
I	A	I	B	G	G	R	E	S	P	I	T	E	U	E
S	W	T	A	N	P	A	C	K	D	T	V	E	R	A
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M	Y	E	C	U	R	E	C	R	E	A	T	I	O	N
B	S	P	A	O	J	O	U	R	N	E	Y	U	P	N
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S	N	T	A	E	R	T	E	R	O	L	P	X	E	O
N	O	I	T	A	X	A	L	E	R	E	S	T	T	S

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _

Buses *continued from page 1*

mine has. I do know children, who are friends of my own children, who are unable to go to school. Maybe their parents work in Anchorage and they're leaving 3 in the morning. They're not able to drop them off, to clock out and run to town real quick…" Similarly to Sarah, Samantha has concern for her fellow community members. "It may not be 100 percent affecting my household at the immediate moment but I do know a lot of families that are affected by it. Not just with lost wages but the education of their students and the quality of education as well." Both Sarah and Samantha expressed concern for their children's education as well as the education of others.

Elseye Holle, a highschool student who relied on bus transportation to get to and from school had this to say on March 2: "It's kind of annoying that they completely stopped but I also understand with safety concerns." When asked about her bussing experience, Elseye told me about one of her experiences this year: "The first day of school, the first bus that I take was late. And because of them not having radios they could not contact any of the other buses so our entire bus got stuck at Palmer high."

When asked further she explained that because her first bus was late, they arrived to their second bus already having left, leaving them all stuck at Palmer High. When asked how they dealt with this situation she replied, "One of the kids lived 5 miles away and so he walked home. We all called our parents but not all of them could get us." Elseye also told me about the difficulties her classmates have been having with the current situation: "My friend can only come on Mondays, so she's been having a hard time managing tests. Last Monday she told me she had already taken 5 tests, and it wasn't even the end of the day."

While parents, students, and the community has been suffering with recent events, Durham employees are voicing concerns of their own.

The Mat-Su Borough District School Board heard heated public commentary in a meeting on March 1st, from multiple Durham employees with opposing views on the nature of the recent strike. Here is an abbreviated summary of the public commentary.

Joseph Snider, a single father and bus driver for Durham expressed distaste in the recent strike, informing community members that he would not have ran his route if he would have known of the impending strike, leaving children stranded at school.

Shawn Kiely, a Durham bus driver on strike expressed continued safety concerns about water provided for employees being untested and unsafe while bringing forth allegations that the OSHA investigation is still ongoing, contrary to Durham's Facebook post stating that "OSHA conducted a facility-wide in-person review, in October, and found Durham had complied with all safety expectations." As of March 2, 2023, OSHA's inspection database lists this investigation as open. According to the webpage there is a 30 day timeframe between notification of citations to the employer and update of the case status.

Several employees, whether currently working or striking, came forward to address and redress different takes on the same topics. Christy Rittala, a bus driver currently driving for Durham, stated: "I am embarrassed and appalled by the drivers and monitors on strike. Not only did they walk off their jobs but they are now asking the public to support them financially on Facebook, Go Fund Me. They are also encouraged to apply for food stamps and medicaid. As of today they were advised to apply for unemployment benefits and state that they are on a ULP strike. So since these drivers choose not to work they are relying on state and community handouts to see them through."

Shawn Kiely, followed Christy Rittala's statement with this: "...And for the record, unlike some others here, this is completely voluntary what I'm doing here. I'm not a paid actor, I'm doing this all voluntarily and out of my own pocket."

Everett Edwards, a temporary driver from Texas clarified his reasoning for being here in Alaska. He informed community members that he is not here because of the strike nor is he getting a large bonus for being a temporary driver. He also brought forth accusations of being harassed by union members.

David Bell brought forth concern that penalties given to Durham School Service were waived by the school district that come to a some of $641,000.

Rebecca Debusk came forward and urged community members to direct any complaints to Durham School Services directly, to shift the pressure to them in hopes of a resolution.

While frustration continues, the Teamsters 959 Union and Durham School Services announced a tentative agreement on March 2nd, and as of March 6th it has been ratified by the union, returning those workers that were previously on strike, to their jobs by Monday. This is a resolution that parents have been long waiting for.

With this resolution, several questions are posed. Will Durham follow through with addressing safety concerns? Will local Durham employees unite as one team after multiple weeks of conflict? Does this resolution undo parent and community frustration? If this is what Durham School Services looks like in its first year in our community, what does this mean for the future? And finally, what of the parents that suffered both job and wage loss?

GROOMING *continued from page 1*

also not be shaved, as the undercoat becomes ruined, and you run the risk of it growing back patchy and dense. A lot of the time the dog's fur protects them from harsh weather. If you do insist on shaving your double coated pet, it's best not to shave the undercoat, just the top coat.

Moving along, Poodle mixes have especially become more common, they're cute and pet parents are being told they don't shed. This really depends on exactly what your pet is mixed with. You never know for sure what kind of pup, temperament-wise and hair type, you will get. These types of dogs also tend to mat up very easily so it is very important to brush and comb them at home to keep their coat maintained if you enjoy the long hair. It is very painful when pups become extremely matted and it's inhumane to try and brush them out. Matting on a dog can cause bruising and irritation. It's always best to shave them and let the hair grow out as it will always grow back, it won't be short forever.

Also, just to add, poodle mixes are being advertised at around the same price as a purebred poodle that is AKC registered. With purebred poodles, breeders are able to health test the parents and you know what health concerns to look for. It's best not to buy into backyard breeders and encourage them to continue breeding.

Vet Tech *continued from page 1*

needle, get the blood they need to run the tests and BOOM, all done. The assistant will hold pressure over the poke site for 30-60 seconds and then your dog will be returned to you.

Now to satisfy the title... Veterinary Technicians do many things depending on which clinic they work in, in which state, and their education or experience level. Since there are so many things a technician can do or does do I will list only some of the things that they do. The list is not limited to monitoring anesthesia, inserting catheters, administering vaccines and drugs, filling constituting and reconstituting drugs, taking histories, running diagnostics, retrieving samples from your pooch (of all kinds), making phone calls with results, answering your questions, making more phone calls, prepping for surgery, grooming, dental cleanings and much much more. No offense to any phlebotomists reading, but I have to say that veterinary technicians are definitely underrated phlebotomists. So next time you encounter a veterinary technician, give them a very large thank you. They do so much more than you ever see or could imagine.

Do you have questions? Email questions relating to procedures to anonymousassistant49@gmail.com for a chance to be answered in an upcoming edition.

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April 28: Late deadline to apply

May 12: Commencement Ceremony
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